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ABSTRACT

The results of one state's youth risk behavior survey are described here. The survey was administered to 2,726 students in grades 9 through 12 in 26 public schools. The school response rate was 65% and the student response rate was 87%. Results indicate that by the time youth enter the 9th grade, many have engaged in behaviors that put them at risk for significant health and social problems during both their youth and adulthood. These behaviors and their consequences can be prevented by teaching youth how to adopt and maintain healthy behaviors. Risks are grouped under such topics as Unintentional and Intentional Injuries; Tobacco, Alcohol and Other Drug Use; Sexual Behaviors; Dietary Behaviors; and Physical Activity. It was found that different types of risky behaviors correlate strongly: youth who engage in one type of risky behavior are more likely to engage in others. It is believed that such risks can be prevented by teaching young people how to adopt and maintain healthy behaviors. Schools can reinforce desired behaviors learned in the home and provide repeated opportunities for children to practice healthy behaviors in a broader social context. Statistical breakdowns for the 84 survey questions are provided. A Healthy Schools Checklist is appended. (RJM)

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# A HEALTHY LOOK AT IDAHO YOUTH

*Results of the 1995 Idaho Youth Risk Behavior Survey*

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# RESULTS OF THE 1995 IDAHO YOUTH RISK BEHAVIOR SURVEY

Center for Vital Statistics and Health Policy
Division of Health
Idaho Department of Health and Welfare

Report submitted to the Idaho Department of Education in fulfillment
of a 1994-95 agreement for services.

# ACKNOWLEDGEMENTS

Results of the **1995 Youth Risk Behavior Survey** were published in partial fulfillment of a 1994-1995 agreement for services between the Idaho Department of Health and Welfare and the Idaho Department of Education. Sincere appreciation is expressed to school district superintendents, school principals, and the students and teachers who participated in the 1995 Idaho Youth Risk Behavior Survey. Our gratitude is extended to the staff of Westat, Inc. for assisting in sampling procedures and data analysis. Finally, we would like to express our appreciation to the staff at the Surveillance and Evaluation Research Branch, Division of Adolescent and School Health, U.S. Centers for Disease Control and Prevention, for providing the survey instrument and portions of the background text and materials used in preparing this report.

# 1995 Idaho Youth Risk Behavior Survey

***Sincere appreciation is expressed to the students, teachers and administrators who participated in the 1995 Idaho Youth Risk Behavior Survey***

### *INTRODUCTION*

This report describes the results of the *1995 Idaho Youth Risk Behavior Survey* of high school students across the state. The survey was conducted by the Idaho Department of Health and Welfare, and represents a cooperative effort between the Idaho Department of Health and Welfare and the Idaho Department of Education. Similar surveys were conducted by the Department of Education in 1991 and 1993. The body of this report highlights the results of the 1995 YRBS and is intended for use by a broad audience including educators, health program planners, community organizations, youths, parents, and government agencies.

For readers desiring additional information, a question-by-question summary of survey results is included in Appendix I of this report. Appendix II, Healthy Schools Checklist, describes characteristics of school health policies, instruction, and other components of successful school health programs. Contact Anne Williamson, Idaho Department of Education, for more information about the use of the YRBS in school health programs: (208) 334-2281.

### *SURVEY QUESTIONNAIRE*

The 84-questions in the Youth Risk Behavior Survey questionnaire were designed by experts nationwide through the U.S. Centers for Disease Control and Prevention to measure the extent to which adolescents engage in behaviors that result in the most serious health and social problems of youth and adulthood. These behaviors include unintentional and intentional injuries; tobacco, alcohol, and other drug use; sexual behaviors; dietary behaviors that cause health problems; and physical inactivity. A copy of this survey can be obtained from Chris Johnson at the Idaho Department of Health Welfare: (208) 334-6571.

### *METHODS*

Standardized protocols for sampling schools and classrooms, administering the survey, and other survey tasks were utilized as outlined in the CDC's *Handbook for Conducting Youth Risk Behavior Surveys*. Participation in the survey was voluntary. To encourage accurate responses to sensitive questions, a strict protocol was followed to protect the privacy and confidentiality of all participating students and schools.

### *PARTICIPANTS*

The Youth Risk Behavior Survey was administered to 2,726 students in grades 9 through 12 in 26 public schools in Idaho during the spring of 1995. The school response rate was 65%, and the student response rate was 87%. Survey administration procedures were designed to help protect the privacy and confidentiality of all participating students. Student participation was voluntary. The results should not be generalized to other students in Idaho. Nonetheless, the results provide an important description of the priority health-risk benaviors of the survey participants.

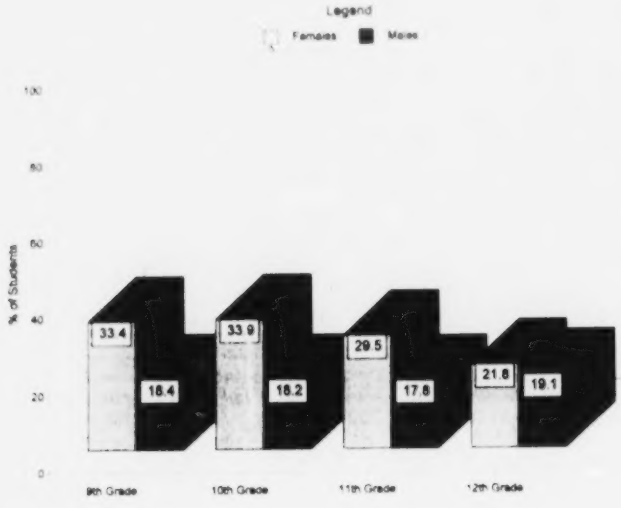
Of the 2,726 students who participated in the survey, 52.6% were males; 26.7% were in the 9th grade, 30.1% were in the 10th grade, 25.8% were in the 11th grade, and 16.5% were in the 12th grade. Regarding students' racial and ethnic background, 86% were white, 1% were black, 5% were Hispanic, and 8% were from other groups.

# Unintentional & Intentional Injuries

Because injuries claim so many lives of children and adolescents, they account for more potential years of life lost than the three leading causes of death in Idaho combined.

Of those students who completed the survey:

- 33.7% of all males and 16.6% of all females never or rarely wore a seat belt when riding in a car driven by someone else.
- 45.5% of all males and 48.6% of all females who rode a motorcycle during the past 12 months never or rarely wore a motorcycle helmet.
- 89.9% of all males and 92.6% of all females who rode a bicycle during the past 12 months never or rarely wore a bicycle helmet.
- 28.5% of 12th grade males and 15.8% of 12th grade females drove a car or other vehicle during the previous 30 days when they had been drinking.
- 40.9% of 12th grade males and 6.4% of 12th grade females carried a weapon, such as a gun, knife or club on one or more of the 30 days before the survey.
- 11.7% of all males and 6.4% of all females had been threatened or injured with a weapon on school property during the past 12 months.
- 46.5% of all males and 25.6% of all females were in a physical fight one or more times during the past 12 months.
- 18.2% of all males and 30.7% of all females seriously considered attempting suicide during the past 12 months.
- 7.0% of all males and 14.8% of all females actually attempted suicide one or more times during the past 12 months.




Percentage of Students Who Seriously Considered Suicide

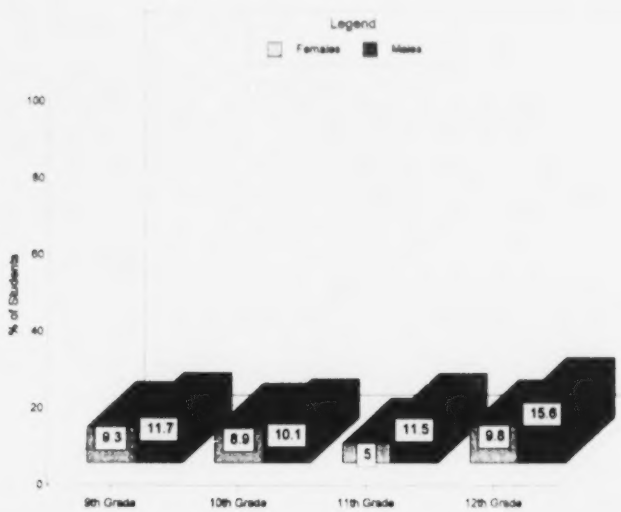
# Tobacco, Alcohol, and Other Drug Use

## *TOBACCO USE*

Tobacco use is the single most important preventable cause of death in the United States. According to the U.S. Department of Health and Human Services, over one million teenagers begin smoking each year.

Of those students who completed the survey:

- 63.1% of all males and 50.6% of all females have tried cigarette smoking.
- 74.2% of 12th grade males have tried cigarette smoking, compared to 59.3% of 9th grade males.
- 51.7% of 12th grade females have tried cigarette smoking, compared to 51.0% of 9th grade females.
- 29.0 % of all males and 19.9% of all females smoked a whole cigarette for the first time before age 13.
- 35.4% of 12th grade males and 24.5% of 12th grade females have smoked cigarettes on one or more of the past 30 days before the survey.
- 28.3% of 12th grade males and 18.6% of 9th grade males used chewing tobacco or snuff on one or more of the past 30 days before the survey.



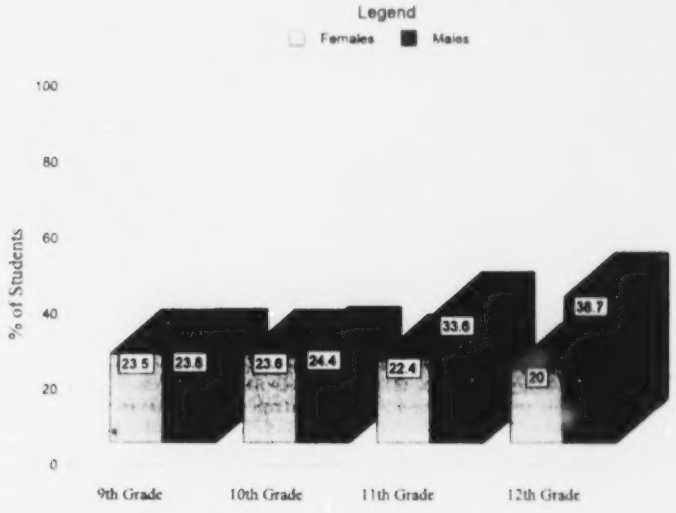

Percentage of Students Who Smoked All 30 Days During the Past 30 Days

## *ALCOHOL USE*

Alcohol is the major factor in approximately half of all homicides, suicides, and motor vehicle crashes, which the U.S. Department of Health and Human Services has declared as the leading causes of death and disability among young people.

Of those students who completed the survey:

- 66.1% of all males and 57.2% of all females have tried at least one drink of alcohol during their life.
- 76.2% of 12th grade males have tried drinking alcohol, compared to 60.5% of 9th grade males.
- 60.6% of 12th grade females have tried drinking alcohol, compared to 53.9% of 9th grade females.
- 37.9 % of all males and 26.0% of all females had their first drink of alcohol other than a few sips before age 13.
- 49.1% of 12th grade males and 36.5% of 12th grade females had at least one drink of alcohol on one or more of the 30 days before the survey.
- 38.7% of 12th grade males and 23.8% of 9th grade males had five or more drinks of alcohol in a row on one or more of the 30 days before the survey.
- 20.0% of 12th grade females and 23.5% of 9th grade females had five or more drinks of alcohol in a row on one or more of the 30 days before the survey.




Percentages of All Students Who Drank 5 or More Drinks
in a Row on at Least One Day During the 30 Days Before the Survey

## *OTHER DRUG USE*

It has been estimated that one in four adolescents in the U.S. is at very high risk for the consequences of alcohol and other drug problems. Illicit drug use is greater among high school students and other young adults in America than in any other industrialized nation in the world.

Of those students who completed the survey:

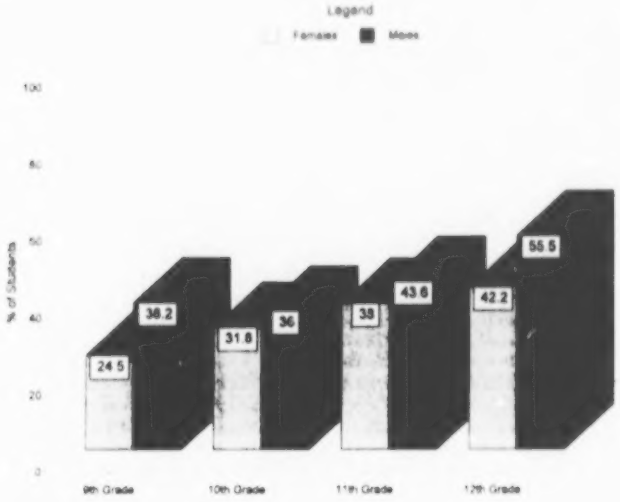
- 32.5% of all males and 26.0% of all females have used marijuana during their life.
- 20.1% of all males and 14.5% of all females used marijuana one or more times during the 30 days before the survey.
- 8.4% of 12th grade males and 13.3% of 9th grade males tried marijuana for the first time before age 13.
- 1.5% of 12th grade females and 7.1% of 9th grade females tried marijuana for the first time before age 13.
- 7.3% of all males and 6.3% of all females have used any form of cocaine, including powder, crack, or freebase one or more times during their life.
- 4.4% of all males and 3.8% of all females used any form of cocaine, including powder, crack, or freebase one or more times during the past 30 days.
- 25.9% of all males and 23.6% of all females sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paint or spray to get high during their life.
- 17.4% of all males and 14.1% of all females have used other types of illegal drugs, such as LSD, PCP, ecstasy, mushrooms, speed, ice, or heroin one or more times during their life.
- 4.0% of all males and 1.5% of all females have used a needle to inject an illegal drug into their body one or more times during their life.
- 27.7% of all males and 21.0% of all females have had someone offer, sell, or give them an illegal drug on school property during the past 12 months.

# Sexual Behaviors

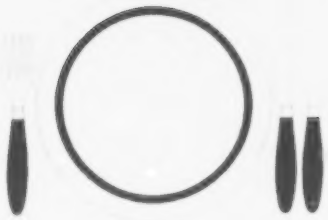
Major risks of early sexual activity include unwanted pregnancy and sexually transmitted diseases (STDs), including HIV, as well as negative effects on social and psychological development. The number of sexual partners and age at first intercourse are associated with a higher risk of contracting STDs. It has been observed that drug use may serve as a predisposing factor for initiation of sexual activity and unprotected sexual intercourse.

Of those students who completed the survey:

- 41.8% of all males and 32.9% of all females have had sexual intercourse.
- 55.5% of 12th grade males and 42.2% of 12th grade females have had sexual intercourse.
- 38.2% of 9th grade males and 24.5% of 9th grade females have had sexual intercourse.
- 41.3% of 12th grade males and 28.4% of 12th grade females had sexual intercourse during the past three months.
- 10.3% of all males and 4.3% of all females had sexual intercourse for the first time before age 13.
- 22.9% of 12th grade males and 10.3% of 12th grade females have had sexual intercourse with four or more people during their life.




Percentage of Students Surveyed Who Have Had Sexual Intercourse

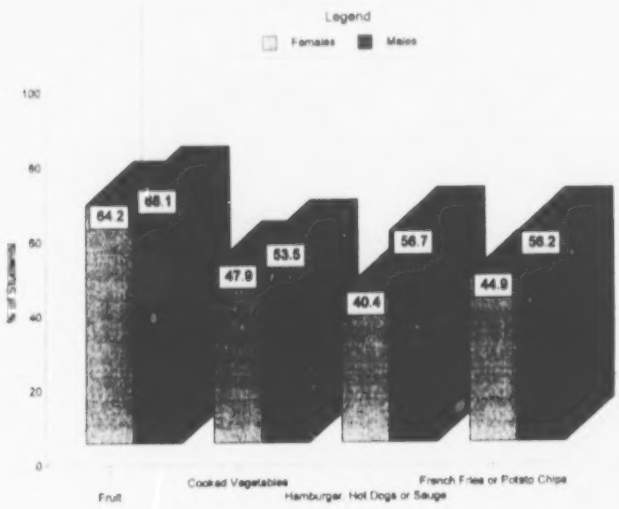


# Dietary Behaviors

Obesity in the United States appears to be increasing among adolescents. Because lifetime dietary patterns are established during youth, adolescents are encouraged to choose nutritious foods and to develop healthy eating habits.

Of those students who completed the survey:

- 68.1% of all males and 64.2% of all females ate fruit one or more times during the day before the survey.
- 53.5% of all males and 47.9% of all females ate cooked vegetables one or more times during the day before the survey.
- 35.3% of all males and 32.4% of all females ate green salad one or more times during the day before the survey.
- 56.7% of all males and 40.4% of all females ate hamburger, hot dogs, or sausage one or more times during the day before the survey.
- 56.2% of all males and 44.9% of all females ate french fries or potato chips one or more times during the day before the survey.
- 67.3% of all males and 63.6% of all females ate cookies, doughnuts, pie, or cake one or more times during the day before the survey.
- 21.6% of all males and 60.4% of all females were trying to lose weight.



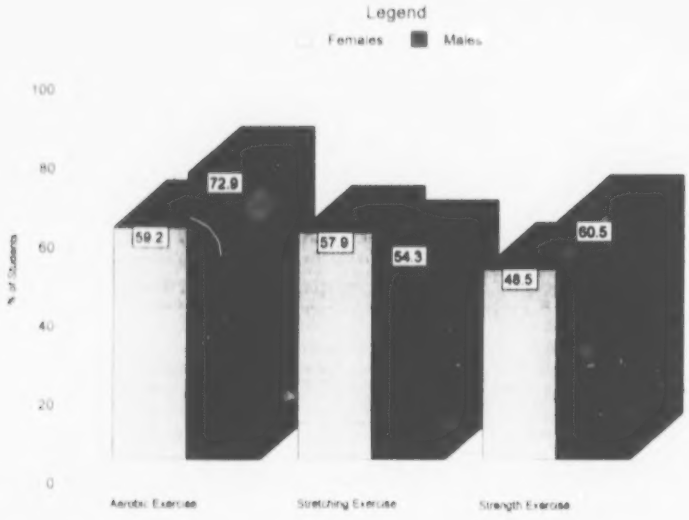

What Students Ate the Previous Day

# Physical Activity

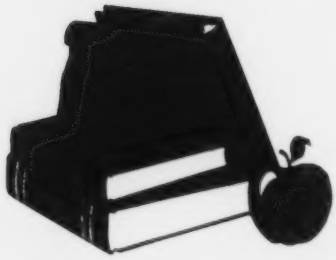
The U.S. Department of Education states that the quantity and quality of school physical education programs can have a significant positive effect on the health related fitness of children. It also claims that regular physical activity increases life expectancy.

Of those students who completed the survey:

- 72.9% of all males and 59.2% of all females regularly exercised or participated in vigorous sports activities during the 7 days before the survey.
- 45.0% of all males and 39.8% of all females attended physical education class one or more days during an average school week.




Percentage of Students Who Exercised on 3 or More of the 7 Days Before the Survey



# Conclusions

Results of the *1995 Idaho Youth Risk Behavior Survey* indicate that by the time youth in Idaho enter the 9th grade, many have engaged in behaviors that put them at risk for significant health and social problems during both their youth and adulthood. These behaviors and their consequences can be prevented by teaching youth how to adopt and maintain healthy behaviors. While this teaching begins in the home, schools can reinforce the concepts learned at home and provide repeated opportunities for children to practice healthy behaviors in a broader social context.

Prevalences of risky behaviors are shown in this report separately for each survey question or topic. However, different types of risky behaviors correlate strongly together. The same Idaho youth that engage in one type of risky behavior are more likely to engage in others. This fact has inportant inplications for the provision of comprehensive school health education.

Successful school health programs incorporate appropriate policies, classroom instruction, staff development, and parent and community involvement. Students, parents, educators, and communities can use the checklist located in Appendix II to become familiar with key components of successful programs, to rate their school's program, and to participate meaningfully in the planning, implementation, and evaluation of school health education program enhancements.

# Appendix I

Summary Tables

***Questions 1-4**: Demographics of Survey Participants as summarized on page 1 of the report.*

***Question 5**: Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 28.5 | 36.6 | 20.2 |
| 10th | 24.4 | 30.3 | 17.6 |
| 11th | 23.5 | 33.2 | 12.8 |
| 12th | 26.3 | 37.2 | 13.6 |
| **Overall** | **25.6** | **33.7** | **16.6** |

***Question 6**: Percentage of students who rode a motorcycle one or more times during the past 12 months.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 50.8 | 63.2 | 38.1 |
| 10th | 50.2 | 64.1 | 34.2 |
| 11th | 46.8 | 56.8 | 36.0 |
| 12th | 55.1 | 67.2 | 41.0 |
| **Overall** | **50.1** | **62.3** | **36.6** |

***Question 7**: Of students who rode a motorcycle during the past 12 months, the percentage who never or rarely wore a motorcycle helmet.**

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 44.8 | 45.2 | 44.0 |
| 10th | 44.4 | 41.6 | 50.4 |
| 11th | 49.1 | 48.6 | 50.0 |
| 12th | 50.2 | 49.4 | --- |
| **Overall** | **46.8** | **45.5** | **48.6** |

****Statistics are not shown for cells with fewer than 100 respondents.***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**Question 8**: *Percentage of students who rode a bicycle one or more times during the past 12 months.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 88.7 | 90.2 | 87.6 |
| 10th | 84.9 | 87.7 | 81.6 |
| 11th | 83.3 | 84.4 | 82.3 |
| 12th | 82.5 | 84.7 | 80.0 |
| ***Overall*** | **85.2** | **87.1** | **83.4** |

**Question 9**: *Of students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 89.6 | 89.8 | 89.7 |
| 10th | 91.3 | 89.4 | 93.5 |
| 11th | 89.9 | 87.5 | 92.6 |
| 12th | 95.1 | 94.0 | 96.3 |
| ***Overall*** | **91.1** | **89.9** | **92.6** |

**Question 10**: *Percentage of students who during the past 30 days rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 30.3 | 31.0 | 28.4 |
| 10th | 29.9 | 27.2 | 33.1 |
| 11th | 30.7 | 31.9 | 29.3 |
| 12th | 34.6 | 40.5 | 27.8 |
| ***Overall*** | **30.8** | **31.5** | **30.1** |

**Question 11**: *Percentage of students who during the past 30 days drove a car or other vehicle one or more times when they had been drinking alcohol.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 10.3 | 13.3 | 6.8 |
| 10th | 11.3 | 12.4 | 10.1 |
| 11th | 16.7 | 21.4 | 11.3 |
| 12th | 22.9 | 28.5 | 15.8 |
| ***Overall*** | **14.3** | **17.6** | **10.3** |

**Question 12**: *Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 32.4 | 53.0 | 11.4 |
| 10th | 25.1 | 38.3 | 10.3 |
| 11th | 21.7 | 34.9 | 7.0 |
| 12th | 25.0 | 40.9 | 6.4 |
| ***Overall*** | **26.1** | **41.5** | **9.1** |

**Question 13**: *Percentage of students who carried a gun on one or more of the past 30 days.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 16.0 | 28.1 | 3.4 |
| 10th | 10.8 | 17.3 | 3.2 |
| 11th | 12.1 | 21.1 | 2.1 |
| 12th | 14.8 | 24.4 | 3.4 |
| ***Overall*** | **13.2** | **22.2** | **3.0** |

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**Question 14**: *Percentage of students who carried a weapon such as a gun, knife or club on school property on one or more of the past 30 days*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 17.8 | 27.2 | 7.9 |
| 10th | 14.5 | 21.7 | 6.3 |
| 11th | 11.7 | 19.4 | 3.3 |
| 12th | 14.2 | 22.7 | 3.9 |
| ***Overall*** | **14.6** | **22.5** | **5.6** |

**Question 15**: *Percentage of students who did not go to school on one or more of the past 30 days because they felt unsafe at school or on their way to or from school.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 5.9 | 4.7 | 7.3 |
| 10th | 4.3 | 4.6 | 3.9 |
| 11th | 2.7 | 2.7 | 2.7 |
| 12th | 3.6 | 4.5 | 2.4 |
| ***Overall*** | **4.3** | **4.3** | **4.4** |

**Question 16**: *Percentage of students who had been threatened or injured with a weapon on school property one or more times during the past 12 months.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 13.0 | 15.7 | 10.1 |
| 10th | 9.3 | 11.4 | 6.6 |
| 11th | 7.4 | 9.5 | 5.2 |
| 12th | 6.7 | 10.3 | 1.9 |
| ***Overall*** | **9.3** | **11.7** | **6.4** |


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***Question 17*** *Percentage of students who had property stolen or deliberately damaged on school property on one or more times during the past 12 months.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 38.3 | 44.0 | 32.2 |
| 10th | 39.2 | 39.1 | 39.1 |
| 11th | 39.2 | 42.2 | 35.9 |
| 12th | 35.6 | 35.5 | 35.4 |
| ***Overall*** | **38.2** | **40.4** | **35.7** |

***Question 18*** *Percentage of students who were in a physical fight one or more times during the past 12 months.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 47.5 | 60.7 | 34.3 |
| 10th | 38.1 | 46.6 | 28.3 |
| 11th | 29.0 | 36.4 | 20.6 |
| 12th | 28.6 | 41.2 | 13.7 |
| ***Overall*** | **36.6** | **46.5** | **25.6** |

***Question 19*** *Percentage of students who were injured in a physical fight during the past 12 months and had to be treated by a doctor or nurse one or more times.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 5.8 | 7.7 | 3.7 |
| 10th | 3.1 | 3.5 | 2.6 |
| 11th | 3.7 | 5.1 | 2.1 |
| 12th | 3.6 | 5.4 | 1.5 |
| ***Overall*** | **4.1** | **5.4** | **2.6** |

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**Question 20** *Percentage of students who were in a physical fight on school property one or more times during the past 12 months*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 27.0 | 39.3 | 14.4 |
| 10th | 18.7 | 24.9 | 11.3 |
| 11th | 13.9 | 20.9 | 5.8 |
| 12th | 12.1 | 18.8 | 3.9 |
| ***Overall*** | **18.5** | **26.5** | **9.5** |

**Question 21** *Percentage of students who fought with a friend or someone they knew the last time they were in a physical fight*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 25.8 | 37.9 | 13.8 |
| 10th | 21.9 | 30.9 | 11.3 |
| 11th | 18.5 | 27.7 | 8.0 |
| 12th | 16.5 | 26.5 | 4.9 |
| ***Overall*** | **21.2** | **31.2** | **10.1** |

**Question 22** *Percentage of students who seriously considered attempting suicide during the past 12 months*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 26.1 | 18.4 | 33.4 |
| 10th | 25.6 | 18.2 | 33.9 |
| 11th | 23.2 | 17.8 | 29.5 |
| 12th | 20.5 | 19.1 | 21.8 |
| ***Overall*** | **24.3** | **18.2** | **30.7** |

**Question 23**: *Percentage of students who made a plan about how they would attempt suicide during the past 12 months.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 20.2 | 14.3 | 25.6 |
| 10th | 18.6 | 12.8 | 25.2 |
| 11th | 18.4 | 14.9 | 22.5 |
| 12th | 13.8 | 14.0 | 13.6 |
| ***Overall*** | **18.2** | **13.9** | **22.7** |

**Question 24**: *Percentage of students who actually attempted suicide one or more times during the past 12 months.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 13.7 | 8.7 | 17.9 |
| 10th | 11.7 | 6.6 | 17.2 |
| 11th | 8.7 | 5.4 | 12.3 |
| 12th | 8.2 | 7.0 | 9.0 |
| ***Overall*** | **10.9** | **7.0** | **14.8** |

**Question 25**: *Percentage of students whose attempted suicide during the past 12 months resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 4.2 | 3.0 | 5.2 |
| 10th | 4.6 | 3.2 | 5.8 |
| 11th | 3.1 | 2.0 | 4.4 |
| 12th | 4.2 | 4.4 | 4.0 |
| ***Overall*** | **4.0** | **3.1** | **4.9** |

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**Question 26**: *Percentage of students who ever tried cigarette smoking, even one or two puffs.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 55.4 | 59.3 | 51.0 |
| 10th | 54.5 | 59.4 | 48.8 |
| 11th | 58.6 | 64.8 | 51.7 |
| 12th | 63.8 | 74.2 | 51.7 |
| ***Overall*** | **57.3** | **63.1** | **50.6** |

**Question 27**: *Percentage of students who smoked a whole cigarette for the first time before age 13.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 31.6 | 35.6 | 27.0 |
| 10th | 23.1 | 26.5 | 19.1 |
| 11th | 22.9 | 27.7 | 17.5 |
| 12th | 19.4 | 25.6 | 12.2 |
| ***Overall*** | **24.8** | **29.0** | **19.9** |

**Question 28**: *Percentage of students who smoked cigarettes on one or more of the past 30 days.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 26.5 | 26.6 | 25.9 |
| 10th | 26.0 | 26.9 | 24.7 |
| 11th | 27.3 | 31.0 | 23.5 |
| 12th | 30.4 | 35.4 | 24.5 |
| ***Overall*** | **27.1** | **29.2** | **24.5** |

**Question 29**: *Percentage of students who smoked two or more cigarettes per day on the days they smoked.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 17.6 | 17.7 | 17.1 |
| 10th | 17.2 | 16.7 | 17.4 |
| 11th | 18.9 | 21.1 | 16.6 |
| 12th | 22.2 | 26.5 | 17.2 |
| **Overall** | **18.4** | **19.8** | **16.9** |

**Question 30**: *Percentage of students who usually got their own cigarettes by buying them in a store or gas station during the past 30 days.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 3.1 | 4.2 | 2.0 |
| 10th | 6.6 | 7.9 | 4.8 |
| 11th | 10.3 | 13.7 | 6.7 |
| 12th | 18.0 | 20.4 | 15.2 |
| **Overall** | **8.5** | **10.5** | **6.1** |

**Question 31**: *Percentage of students who were not asked to show proof of age when they bought cigarettes in a store during the past 30 days.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 7.5 | 10.1 | 4.9 |
| 10th | 9.1 | 9.3 | 8.6 |
| 11th | 11.3 | 13.6 | 8.9 |
| 12th | 14.1 | 16.8 | 10.9 |
| **Overall** | **10.1** | **11.9** | **8.0** |



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**Question 32** *Percentage of students who smoked cigarettes on school property on one or more of the past 30 days.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 13.0 | 13.1 | 12.4 |
| 10th | 13.2 | 12.9 | 13.2 |
| 11th | 11.5 | 14.0 | 8.9 |
| 12th | 12.6 | 16.6 | 7.8 |
| ***Overall*** | **12.5** | **13.9** | **10.9** |

**Question 33** *Percentage of students who ever tried to quit smoking cigarettes.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 33.2 | 34.6 | 31.5 |
| 10th | 28.3 | 26.7 | 30.2 |
| 11th | 28.0 | 30.0 | 26.0 |
| 12th | 27.5 | 27.6 | 27.4 |
| ***Overall*** | **29.2** | **29.5** | **29.0** |

**Question 34** *Percentage of students who used chewing tobacco or snuff on one or more of the past 30 days.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 12.3 | 18.6 | 5.9 |
| 10th | 14.0 | 22.6 | 4.2 |
| 11th | 11.6 | 19.8 | 2.4 |
| 12th | 16.6 | 28.3 | 2.4 |
| ***Overall*** | **13.3** | **21.7** | **3.9** |

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*Question 35* *Percentage of students who used chewing tobacco or snuff on school property on one or more of the past 30 days.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 8.8 | 14.1 | 3.4 |
| 10th | 8.4 | 14.0 | 2.1 |
| 11th | 7.4 | 13.6 | 0.6 |
| 12th | 11.9 | 20.8 | 1.0 |
| ***Overall*** | **8.8** | **15.0** | **1.9** |

*Question 36* *Percentage of students who had their first drink of alcohol other than a few sips before age 13.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 41.1 | 43.8 | 37.7 |
| 10th | 31.9 | 36.8 | 26.1 |
| 11th | 28.6 | 35.9 | 20.5 |
| 12th | 25.9 | 34.3 | 15.6 |
| ***Overall*** | **32.4** | **37.9** | **26.0** |

*Question 37* *Percentage of students who had at least one drink of alcohol on one or more days during their life.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 57.5 | 60.5 | 53.9 |
| 10th | 58.8 | 62.3 | 54.8 |
| 11th | 65.8 | 69.6 | 61.5 |
| 12th | 69.0 | 76.2 | 60.6 |
| ***Overall*** | **61.9** | **66.1** | **57.2** |

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**Question 38** *Percentage of students who had at least one drink of alcohol on one or more of the past 30 days.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 36.2 | 36.8 | 35.0 |
| 10th | 35.7 | 37.2 | 33.8 |
| 11th | 39.2 | 44.5 | 33.4 |
| 12th | 43.3 | 49.1 | 36.5 |
| ***Overall*** | **37.9** | **40.9** | **34.3** |

**Question 39** *Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 23.8 | 23.8 | 23.5 |
| 10th | 24.1 | 24.4 | 23.6 |
| 11th | 28.2 | 33.6 | 22.4 |
| 12th | 30.2 | 38.7 | 20.0 |
| ***Overall*** | **26.0** | **29.0** | **22.5** |

**Question 40** *Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 8.8 | 10.8 | 6.5 |
| 10th | 7.8 | 9.2 | 6.3 |
| 11th | 6.2 | 6.6 | 5.8 |
| 12th | 7.6 | 12.5 | 1.5 |
| ***Overall*** | **7.6** | **9.4** | **5.4** |

**Question 41** *Percentage of students who tried marijuana for the first time before age 13.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 10.2 | 13.3 | 7.1 |
| 10th | 6.5 | 7.8 | 4.7 |
| 11th | 4.6 | 6.5 | 2.4 |
| 12th | 5.2 | 8.4 | 1.5 |
| ***Overall*** | **6.8** | **9.1** | **4.2** |

**Question 42** *Percentage of students who used marijuana one or more times during their life.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 26.3 | 28.3 | 24.1 |
| 10th | 26.2 | 27.8 | 24.1 |
| 11th | 32.7 | 36.1 | 29.3 |
| 12th | 36.0 | 42.0 | 28.8 |
| ***Overall*** | **29.4** | **32.5** | **26.0** |

**Question 43** *Percentage of students who used marijuana one or more times during the past 30 days.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 16.7 | 19.4 | 13.9 |
| 10th | 17.3 | 18.3 | 16.0 |
| 11th | 19.3 | 23.2 | 15.0 |
| 12th | 17.0 | 20.3 | 12.7 |
| ***Overall*** | **17.5** | **20.1** | **14.8** |

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**Question 44**: *Percentage of students who used marijuana on school property one or more times during the past 30 days.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 7.1 | 9.4 | 4.8 |
| 10th | 6.5 | 7.8 | 5.0 |
| 11th | 6.0 | 7.3 | 4.6 |
| 12th | 5.2 | 8.0 | 1.5 |
| ***Overall*** | **6.3** | **8.2** | **4.2** |

**Question 45**: *Percentage of students who tried any form of cocaine, including powder, crack or freebase, for the first time before age 13.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 2.9 | 3.9 | 1.7 |
| 10th | 1.5 | 1.6 | 1.3 |
| 11th | 1.1 | 1.6 | 0.6 |
| 12th | 1.1 | 1.7 | 0.5 |
| ***Overall*** | **1.7** | **2.3** | **1.1** |

**Question 46**: *Percentage of students who used any form of cocaine, including powder, crack or freebase one or more times during their life.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 7.7 | 7.6 | 7.4 |
| 10th | 5.8 | 5.6 | 5.8 |
| 11th | 6.3 | 7.4 | 5.2 |
| 12th | 8.6 | 9.7 | 7.4 |
| ***Overall*** | **6.9** | **7.3** | **6.3** |

*Question 47* *Percentage of students who used any form of cocaine including powder, crack or freebase one or more times during the past 30 days.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 5.4 | 6.4 | 4.0 |
| 10th | 3.7 | 3.4 | 3.7 |
| 11th | 3.6 | 3.3 | 4.0 |
| 12th | 4.0 | 4.6 | 3.4 |
| ***Overall*** | **4.2** | **4.4** | **3.8** |

*Question 48* *Percentage of students who used the crack or freebase forms of cocaine one or more times during their life.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 7.2 | 7.3 | 6.8 |
| 10th | 4.8 | 5.0 | 4.2 |
| 11th | 4.3 | 4.9 | 3.7 |
| 12th | 5.7 | 5.5 | 5.9 |
| ***Overall*** | **5.4** | **5.7** | **5.0** |

*Question 49* *Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paint or spray to get high during their life.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 30.7 | 28.5 | 32.4 |
| 10th | 23.9 | 23.7 | 23.9 |
| 11th | 22.9 | 26.2 | 19.0 |
| 12th | 20.7 | 24.8 | 15.5 |
| ***Overall*** | **25.0** | **25.9** | **23.6** |

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**Question 50** *Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 5.4 | 6.0 | 4.5 |
| 10th | 3.4 | 4.3 | 2.4 |
| 11th | 4.4 | 5.7 | 2.8 |
| 12th | 4.7 | 7.0 | 1.5 |
| ***Overall*** | **4.4** | **5.6** | **2.9** |

**Question 51** *Percentage of students who used any other type of illegal drug, such as LSD, PCP, ecstasy, mushrooms, ice, or heroin one or more times during their life.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 15.8 | 15.9 | 15.2 |
| 10th | 15.2 | 15.5 | 14.7 |
| 11th | 16.1 | 18.4 | 13.8 |
| 12th | 17.6 | 21.9 | 12.1 |
| ***Overall*** | **16.0** | **17.4** | **14.1** |

**Question 52** *Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 4.3 | 5.8 | 2.5 |
| 10th | 2.3 | 3.0 | 1.3 |
| 11th | 2.0 | 3.0 | 0.6 |
| 12th | 3.6 | 5.0 | 1.5 |
| ***Overall*** | **3.0** | **4.0** | **1.5** |

*Question 53* *Percentage of students who had someone offer, sell, or give them an illegal drug on school property during the past 12 months.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 24.2 | 25.2 | 22.5 |
| 10th | 25.3 | 27.6 | 22.6 |
| 11th | 26.0 | 29.7 | 22.0 |
| 12th | 21.7 | 28.1 | 13.7 |
| ***Overall*** | **24.7** | **27.7** | **21.0** |

*Question 54* *Percentage of students who were ever taught about AIDS or HIV infection in school.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 81.7 | 80.5 | 83.4 |
| 10th | 84.1 | 84.2 | 84.3 |
| 11th | 88.3 | 87.5 | 89.0 |
| 12th | 86.9 | 86.4 | 87.9 |
| ***Overall*** | **84.9** | **84.4** | **85.7** |

*Question 55* *Percentage of students who ever talked about AIDS or HIV infection with their parents or other adults in their family.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 58.8 | 55.6 | 62.0 |
| 10th | 58.4 | 55.6 | 61.7 |
| 11th | 63.4 | 58.9 | 68.4 |
| 12th | 60.8 | 52.9 | 70.4 |
| ***Overall*** | **59.9** | **55.8** | **64.6** |

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**Question 56** *Percentage of students who ever had sexual intercourse*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 31.5 | 38.2 | 24.5 |
| 10th | 34.1 | 36.0 | 31.8 |
| 11th | 40.9 | 43.6 | 38.0 |
| 12th | 49.4 | 55.5 | 42.2 |
| ***Overall*** | **37.7** | **41.8** | **32.9** |

**Question 57** *Percentage of students who had sexual intercourse for the first time before age 13.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 12.4 | 16.4 | 8.0 |
| 10th | 6.9 | 9.2 | 4.0 |
| 11th | 4.5 | 7.3 | 1.5 |
| 12th | 5.4 | 7.6 | 2.5 |
| ***Overall*** | **7.6** | **10.3** | **4.3** |

**Question 58** *Percentage of students who had sexual intercourse with four or more people during their life.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 9.6 | 12.0 | 7.1 |
| 10th | 9.5 | 11.1 | 7.4 |
| 11th | 10.1 | 11.1 | 9.0 |
| 12th | 17.2 | 22.9 | 10.3 |
| ***Overall*** | **11.0** | **13.4** | **8.2** |

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**Question 59** *Percentage of students who had sexual intercourse during the past 3 months.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 18.4 | 19.7 | 17.0 |
| 10th | 20.7 | 18.2 | 23.4 |
| 11th | 27.8 | 26.3 | 29.5 |
| 12th | 35.5 | 41.3 | 28.4 |
| ***Overall*** | **24.4** | **24.6** | **24.0** |

**Question 60** *Percentage of students who drank alcohol or used drugs before last sexual intercourse.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 9.5 | 10.8 | 8.0 |
| 10th | 10.0 | 11.1 | 8.8 |
| 11th | 9.5 | 12.0 | 6.8 |
| 12th | 15.9 | 21.3 | 9.3 |
| ***Overall*** | **10.6** | **12.9** | **8.1** |

**Question 61** *Of students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 51.6 | --- | --- |
| 10th | 53.4 | --- | --- |
| 11th | 45.5 | --- | --- |
| 12th | 44.2 | --- | --- |
| ***Overall*** | **48.4** | **54.8** | **41.9** |



*Statistics are not shown for cells with fewer than 100 respondents.



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**Question 62:** *Of students who had sexual intercourse during the past three months, the percentage who used birth control pills during last sexual intercourse.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 7.9 | | |
| 10th | 14.4 | | |
| 11th | 23.8 | | |
| 12th | 23.8 | | |
| ***Overall*** | **18.0** | **15.9** | **20.3** |

**Question 63:** *Percentage of students who had been pregnant or gotten someone pregnant one or more times.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 3.6 | 3.1 | 4.2 |
| 10th | 3.1 | 3.2 | 2.9 |
| 11th | 4.5 | 4.4 | 4.6 |
| 12th | 5.9 | 6.7 | 4.4 |
| ***Overall*** | **4.2** | **4.3** | **4.1** |

**Question 64:** *Percentage of students who described themselves as slightly or very overweight.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 26.4 | 19.3 | 33.5 |
| 10th | 25.2 | 17.6 | 33.7 |
| 11th | 27.0 | 18.9 | 36.1 |
| 12th | 23.8 | 17.8 | 31.1 |
| ***Overall*** | **25.7** | **18.4** | **33.9** |

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*Statistics are not shown for cells with fewer than 100 respondents.

*Question 65* *Percentage of students who are trying to lose weight.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 40.4 | 24.9 | 56.3 |
| 10th | 39.7 | 19.9 | 62.4 |
| 11th | 40.1 | 21.4 | 61.0 |
| 12th | 39.5 | 19.8 | 62.9 |
| ***Overall*** | **39.9** | **21.6** | **60.4** |

*Question 66* *Percentage of students who dieted to lose weight or to keep from gaining weight during the past 30 days.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 31.7 | 18.0 | 45.6 |
| 10th | 31.5 | 16.4 | 48.9 |
| 11th | 28.7 | 15.7 | 43.3 |
| 12th | 28.6 | 15.4 | 43.7 |
| ***Overall*** | **30.3** | **16.5** | **45.6** |

*Question 67* *Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 55.5 | 42.0 | 69.6 |
| 10th | 53.0 | 37.0 | 71.3 |
| 11th | 56.1 | 39.0 | 75.0 |
| 12th | 52.3 | 33.1 | 74.8 |
| ***Overall*** | **54.4** | **38.1** | **72.4** |

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**Question 68**: *Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 7.4 | 2.2 | 12.4 |
| 10th | 6.1 | 2.7 | 9.7 |
| 11th | 4.4 | 2.4 | 6.4 |
| 12th | 4.5 | 2.9 | 5.8 |
| ***Overall*** | **5.7** | **2.5** | **9.0** |

**Question 69**: *Percentage of students who took diet pills to lose weight or to keep from gaining weight during the past 30 days.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 6.1 | 2.5 | 9.6 |
| 10th | 6.1 | 3.0 | 9.7 |
| 11th | 4.6 | 0.8 | 8.6 |
| 12th | 5.6 | 3.3 | 7.8 |
| ***Overall*** | **5.6** | **2.3** | **9.1** |

**Question 70**: *Percentage of students who ate fruit one or more times yesterday.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 67.0 | 68.8 | 65.5 |
| 10th | 64.8 | 69.7 | 59.1 |
| 11th | 69.2 | 70.5 | 67.6 |
| 12th | 63.2 | 60.6 | 66.3 |
| ***Overall*** | **66.3** | **68.1** | **64.2** |

*Question 71* *Percentage of students who drank fruit juice one or more times yesterday.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 58.5 | 63.6 | 53.5 |
| 10th | 62.4 | 65.5 | 58.7 |
| 11th | 62.8 | 66.0 | 59.3 |
| 12th | 58.8 | 59.8 | 57.8 |
| ***Overall*** | **60.9** | **64.3** | **57.3** |

*Question 72* *Percentage of students who ate green salad one or more times yesterday.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 33.9 | 33.1 | 35.0 |
| 10th | 33.1 | 36.3 | 29.3 |
| 11th | 36.7 | 39.4 | 33.3 |
| 12th | 31.3 | 29.9 | 33.0 |
| ***Overall*** | **33.9** | **35.3** | **32.4** |

*Question 73* *Percentage of students who ate cooked vegetables one or more times yesterday.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 50.9 | 56.7 | 45.1 |
| 10th | 49.3 | 49.2 | 49.3 |
| 11th | 54.4 | 58.3 | 49.5 |
| 12th | 48.9 | 50.6 | 46.8 |
| ***Overall*** | **50.9** | **53.5** | **47.9** |

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**Question 74** *Percentage of students who ate hamburger, hot dogs, or sausage one or more times yesterday*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 47.0 | 55.4 | 38.4 |
| 10th | 49.9 | 58.1 | 40.4 |
| 11th | 48.6 | 56.1 | 40.4 |
| 12th | 50.8 | 56.0 | 44.7 |
| ***Overall*** | **49.0** | **56.7** | **40.4** |

**Question 75** *Percentage of students who ate french fries or potato chips one or more times yesterday.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 51.6 | 60.6 | 42.0 |
| 10th | 52.1 | 57.4 | 46.2 |
| 11th | 48.5 | 52.0 | 44.6 |
| 12th | 51.0 | 53.5 | 48.1 |
| ***Overall*** | **50.8** | **56.2** | **44.9** |

**Question 76** *Percentage of students who ate cookies, doughnuts, pie or cake one or more times yesterday.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 65.8 | 71.8 | 59.9 |
| 10th | 67.0 | 67.1 | 66.8 |
| 11th | 65.5 | 67.2 | 63.3 |
| 12th | 63.1 | 61.8 | 64.6 |
| ***Overall*** | **65.6** | **67.3** | **63.6** |



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**Question 77** *Percentage of students who exercised or participated in sports activities for at least 20 minutes that made them sweat and breathe hard on 3 or more of the past 7 days.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 61.9 | 72.7 | 51.0 |
| 10th | 72.8 | 77.1 | 67.8 |
| 11th | 65.2 | 71.8 | 57.5 |
| 12th | 64.4 | 67.6 | 60.7 |
| ***Overall*** | **66.4** | **72.9** | **59.2** |

**Question 78** *Percentage of students who did stretching exercises on 3 or more of the past 7 days.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 52.3 | 50.1 | 54.6 |
| 10th | 66.0 | 65.4 | 66.7 |
| 11th | 53.0 | 51.2 | 54.6 |
| 12th | 49.0 | 45.6 | 52.9 |
| ***Overall*** | **56.0** | **54.3** | **57.9** |

**Question 79** *Percentage of students who did exercise to strengthen or tone their muscles on 3 or more of the past 7 days.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 51.0 | 56.2 | 45.7 |
| 10th | 64.8 | 68.4 | 60.8 |
| 11th | 50.6 | 58.3 | 41.8 |
| 12th | 49.7 | 56.0 | 42.2 |
| ***Overall*** | **54.8** | **60.5** | **48.5** |

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**Question 80** *Percentage of students who walked or bicycled for at least 30 minutes at a time on 3 or more of the past 7 days*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 42.3 | 43.3 | 41.2 |
| 10th | 33.3 | 35.1 | 31.2 |
| 11th | 29.8 | 30.1 | 29.8 |
| 12th | 26.6 | 23.7 | 30.1 |
| ***Overall*** | **33.7** | **34.0** | **33.5** |

**Question 81** *Percentage of students who attended physical education (PE) class daily*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 24.1 | 27.3 | 21.1 |
| 10th | 65.0 | 66.4 | 63.6 |
| 11th | 38.9 | 40.5 | 37.2 |
| 12th | 36.0 | 39.6 | 31.7 |
| ***Overall*** | **42.5** | **45.0** | **39.8** |

**Question 82** *Percentage of students who exercised or played sports for more than 20 minutes during an average physical education (PE) class*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 21.6 | 24.7 | 18.8 |
| 10th | 57.6 | 59.4 | 55.7 |
| 11th | 38.5 | 43.1 | 33.1 |
| 12th | 35.4 | 39.8 | 30.2 |
| ***Overall*** | **39.4** | **43.0** | **35.4** |



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**Question 83**: *Percentage of students who played on one or more sports teams run by their school during the past 12 months.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 50.1 | 53.9 | 46.5 |
| 10th | 48.5 | 52.7 | 43.8 |
| 11th | 49.8 | 52.4 | 46.6 |
| 12th | 49.6 | 57.3 | 40.5 |
| ***Overall*** | **49.3** | **53.5** | **44.6** |

**Question 84**: *Percentage of students who played on one or more sports teams run by organizations outside their school during the past 12 months.*

| Grade | Total | Male | Female |
|---|---|---|---|
| 9th | 50.3 | 52.9 | 47.9 |
| 10th | 50.1 | 53.5 | 46.0 |
| 11th | 43.8 | 47.1 | 40.2 |
| 12th | 43.3 | 51.0 | 34.1 |
| ***Overall*** | **47.3** | **51.1** | **43.1** |

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# Appendix II

Healthy Schools Checklist

# Healthy Schools Checklist*

***School Health Policies**: Effective school health policies are basic to successful school health programs. Such policies provide clear steps for decision making and action that enable teachers, administrators, and other educators to take effective action in response to complex health issues.*

**How effective are your school's health policies?**

- ☐ Are your school's health policies written documents which clearly define and describe in detail each component of successful school health programs?
- ☐ Are your school's health policies written in collaboration with students, parents, educators, and the full range of community groups?
- ☐ Are your school's health policies communicated in writing to all students, parents, educators, and community groups?
- ☐ Are your school's health policies enforced equitably and consistently?
- ☐ Are your school's health policies evaluated for appropriate implementation and effectiveness?
- ☐ Are your school's health policies periodically reviewed and updated to reflect state laws, evaluation results, and local needs?

***School Health Instruction**: Successful school health instruction is the cornerstone of successful school health programs. Schools can provide repeated opportunities for students to practice choosing, adopting, and maintaining health behaviors.*

**How effective is your school's health instruction?**

- ☐ Does your school's health instruction address the full range of health topics including behaviors that lead to intentional and unintentional injury, tobacco use, alcohol and other drug use, unintended pregnancies and sexually transmitted diseases, unhealthy diets, and physical inactivity?
- ☐ Does your school provide instruction in separate courses devoted mainly to health education topics?
- ☐ Does your school require health instruction for advancement or graduation for all students?

- ☐ Does your school provide for repeated exposure to health instruction throughout all grades in the school?
- ☐ Does your school incorporate a planned sequential K-12 health curriculum?
- ☐ Does your school allow for adequate health instructional time at each grade level?
- ☐ Is your school's health instruction taught by school staff qualified to teach health education?
- ☐ Does your school incorporate well-planned, ongoing health teacher training and follow up?
- ☐ Is your school's health instruction coordinated at the school level by qualified personnel?
- ☐ Do decisions about your school's health instruction program involve the full range of school and community groups?
- ☐ Does your school's health instruction program encourage meaningful involvement among parents and community members in planning and implementing program activities?

**Other Components of Successful School Health Programs**: Successful school health programs involve several elements in addition to effective policies and instruction.

**How effective are other components of your school's health programs?**

- ☐ Does your school provide a safe environment free from hazards, drugs, tobacco, and violence?
- ☐ Does your school provide reinforcement for healthy behaviors?
- ☐ Does your school actively identify and remove or reduce barriers to success?

**For more information and assistance in planning effective health education programs in your community, please contact Anne Williamson at the Idaho Department of Education: (208) 334-2281.**



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